

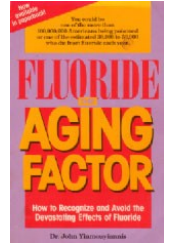
FLUORIDE - THE AGEING FACTOR*

How to Recognise and Avoid the Devastating Effects of Fluoride

By Dr John Yiamouyiannis

Second Edition, 1986

Health Action Press



Chapter 12: How to Avoid Fluoride

In order to know how to avoid fluoride, one must know where to find it. In areas where the water is fluoridated, the largest amount of fluoride consumed comes from fluoride in the drinking water.

How to Avoid Fluoride from Fluoridated Water

In the home, the major part of this fluoride comes from water consumed directly from the tap; water used to dilute fruit juices, fruit drinks, dry or concentrated infant formulas, etc.; water used to cook foods such as rice, spaghetti, hot cereals, beans, soups, etc.; water used to brew coffee and tea; water used to make bread, sprouts, etc.

A home water distiller provides the most reliable way to remove fluoride from the water in the home. The water from this unit should be used for drinking and for the preparation of all foods in the home. An alternate solution is to have distilled water delivered to the home. While spring water may also be used, care must be taken to be sure the spring water has a fluoride concentration of two-tenths (0.2) parts per million or less. Some spring waters are notoriously high in fluoride.

For those who are concerned that distilled water lacks minerals and that it may deplete the body of its minerals, it should be stressed that water is not a reliable source for minerals. In some cases, water may contain high magnesium/low calcium; in other areas it may contain low magnesium/high calcium or low magnesium/low calcium/high sodium or high arsenic/high fluoride/low magnesium. In order to receive a proper amount and balance of minerals, one must rely on a diet of fresh fruits, vegetables, nuts, seeds, and other natural products. These foods are the result of plants which have preselected those minerals which are necessary for the maintenance of life to the point where the plant has been able to produce the vegetation and (or) fruit which we eat.

When purchasing foods, care must be taken to avoid beverages such as soft drinks, beers and wines, juice drinks and fruit juices from concentrate, etc. that have been bottled in fluoridated areas. (A copy of a comprehensive list of localities with fluoride in the water is available from the US Center for Disease Control, Atlanta, Georgia 30330.) Information as to whether a particular area is fluoridated can also be obtained by contacting the local water department. Ideally, fruit juices from concentrate and fruit drinks should be avoided and replaced with 100% pure juices with no water added. Juices from concentrate are, by and large, a cheaper and inferior substitute. Fresh fruits are the ideal alternative.

A number of beers and wines are manufactured in fluoridated areas. Since manufacturers are required to list the location(s) where the bottling took place, one is able to determine whether the area is fluoridated and thus whether the wine or beer is fluoridated. Some widely-known beers which are not fluoridated include Coors, Heineken, and Rolling Rock. Some beer manufacturers list a number of bottling plants, some fluoridated, some nonfluoridated, making it virtually impossible to determine whether or not the beer is fluoridated. If you are fond of a particular beer or wine, it would be well worth your while to telephone the winery or brewery to ask about the product's fluoride content. Make sure you let them know what area of the country you live in so they can give you the accurate fluoride content of the product delivered to your area. If it turns out to be more than 0.4 parts per million fluoride, reject it.

Soft drinks should be avoided whether or not they are fluoridated, but if you are hooked on these health-menace beverages, you can use the same steps mentioned above for beers and wines to determine whether they are fluoridated.

Similarly, care should be taken to avoid food products from fluoridated areas in which water is a major constituent. In order to determine this, make sure that you read the labels of the foods you buy and reject any food which lists water as one of the first three ingredients. (Food manufacturers are required to list the ingredients in decreasing order, i.e. the ingredient of highest content is listed first, the ingredient of next highest content is listed second, and so on).

While at one time infant formulas were made with fluoridated water, they are not any more[#]. Concern among infant formula manufacturers led to their voluntary agreement (in 1980) to remove fluoride from the water used to manufacture infant formulas. Prior to 1980, almost all infant formulas were made with fluoridated water. [As early as 1974, Dr. Yiamouyiannis alerted the FDA to the dangers fluoride presents to infants. Because babies consume such a tremendous amount of liquid compared to their weight, he noted, heart damage as well as other complications might occur. He cited numerous studies in support of his charges.] Mother's milk, the beverage of choice, contains only 0.01-0.05 ppm fluoride, a level of fluoride below what is found in any other food. This is nature's way of protecting the small child from fluoride damage.

How to Avoid Fluoride from Other Products

Other sources of fluoride around the home include fluoridated toothpastes, mouthwashes, vitamin tablets, and vitamin drops. These products should be immediately discarded and replaced with nonfluoridated products.

Dentists routinely offer to give fluoride treatments. These treatments should be refused. In cases where the dentist becomes arrogant, seek another dentist.

Three sources of fluoride exposure exist in schools: 1) A number of schools around the country have adopted fluoride mouthrinse programs. 2) If the school is in a fluoridated area, the drinking water is fluoridated, and in some rural schools, 5-7 parts per million fluoride is added to the school drinking water! 3) Finally, some schools spread fluoride around the cafeteria areas to kill rats, mice, roaches, and silverfish, thus causing a risk of food contamination or inhalation of the fluoride powder. To avoid these exposures, parents should refuse to sign permission slips for the mouthrinse programs and see that this program as well as school fluoridation programs are stopped. They should also make sure that fluoride, which is not biodegradable, is no longer used in schools as a pesticide and rodenticide.

How to Avoid Fluoride When Eating Out

When eating out in fluoridated areas, water as well as foods made with water such as soups, beans, rice, pasta, soft drinks, and coffee or tea should be avoided. Orders should consist of meats, salads, baked potatoes, dairy products and other foods which are not made with water or which do not tend to soak up water while cooking.

Special Considerations

Some foods are high in fluorides even in the absence of added fluoride from the water. For example, some tea leaves are notoriously high in fluoride, and even tea made in distilled water can result in a beverage containing 1-2 parts per million of fluoride or more. Foods which are naturally low in fluoride include fresh fruits, vegetables, whole grain cereals, nuts, meat, and dairy products. Ready-to-eat cereals such as corn flakes and grape nuts are notoriously high in fluoride.

People living in the vicinity of aluminum, phosphate, steel, clay, glass, and frit manufacturers are exposed to high levels of fluoride in the air. People employed in these industries have an even higher exposure. In order to avoid this exposure, moving or seeking employment elsewhere is the only immediate alternative. The decision is a decision between a person's health and a better-paying job - a decision between staying in a hazardous area or moving. It is not a new decision. Coal miners knowing that they are killing themselves with black lung disease have opted to sell their health for a larger paycheck. However, people who consider their health of primary importance should try to move out of these areas and out of these jobs until manufacturers are able and willing to apply technology to clean up the fluoride pollution problems on the job and in the surrounding areas.

Food grown in these polluted areas, especially fruits, vegetables, and grains, become contaminated with fluoride. This leads to higher fluoride intakes. Similarly, fruits, vegetables, and grains grown with low-grade fluoride-contaminated phosphate fertilizers will pick up a higher fluoride content. Modern food distribution, because it brings foods in from a wide range of different geographical areas, prevents this from being as serious as it is for people who get most of their food either from these polluted areas or from areas using low-grade phosphate fertilizers. It has been found that the use of cheap, fluorine-containing fertilizers can result in a 6- to 12-fold increase in dietary fluoride.

Footnotes:

* Australian spelling 'Ageing' used (Americans spell it 'Aging')

Australians please note: If the milk delivered contains fluoride already, Australian manufacturers are not obliged to put "fluoride" on the label. A number of manufacturers' staff have confidently stated their infant formula contains no fluoride, yet they have been unaware that the milk supplied to them *already* contains fluoride.